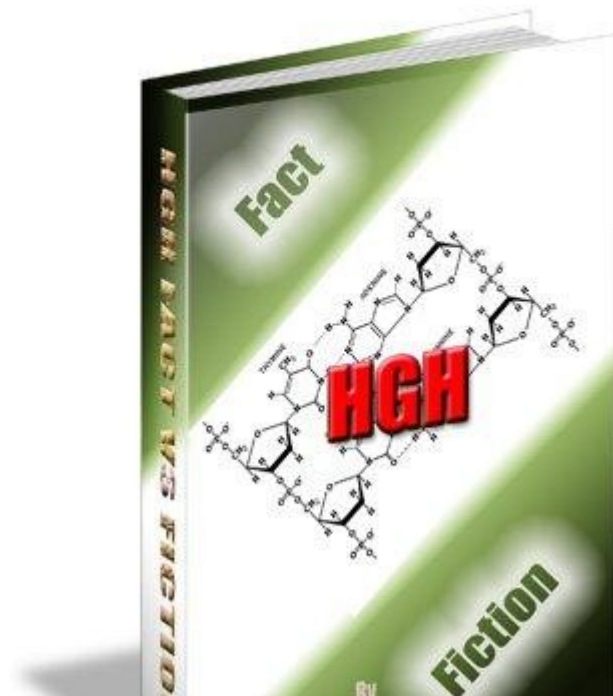


# HGH

## Fact VS



## Fiction

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## ***Introduction***

Needless to say, there is a lot of misinformation going around about HGH. There is a HUGE difference between injecting your body with HGH and having the body produce it naturally.

So, in this brief report, we're going to separate fact from fiction. After you are finished reading this, you will know:

What is safe

What you should and shouldn't do

What your safe options are

What dangers and risks are involved with any option you choose.

Yes, there are things you can do to naturally produce HGH so that you don't have to inject yourself with dangerous human growth hormones.

Let's begin...

## ***What Is HGH?***

HGH is actually a growth hormone that is naturally produced by the pituitary gland in the human body.

The production of this hormone is affected by a number of things including:

- Diet
- Exercise
- Sleep
- Stress
- Tumors

This is the reason why some people grow extremely tall and others don't grow at all. Too much HGH production and growth increases dramatically. Too little and growth is stunted.

For the layman's explanation, the above will suffice.

Under normal conditions, as we age, the body slows down the production of HGH but doesn't completely stop... otherwise, we'd literally die.

But by age 60, we produce about 25% of the HGH that we produced at age 30.

However, this is where the misinformation begins. Most people feel that because this is part of the natural aging process...we have to accept this.

We don't.

As long as HGH is naturally produced by the human body (not artificially injected into it) no harm can come to the body itself...no matter what our age.

### ***Why Does HGH Production Decrease?***

But why does HGH production decrease as we age? And what can we safely do about it?

The answer to this question actually ties in to an even larger question.

Can aging be prevented?

It has been accepted that aging is not preventable and thus, when we get older, we just accept this as part of life. However, studies show that aging may be preventable to some extent. Take a look at Dick Clark as an example.

Look how many years it took until age finally caught up to him. At the same time, you have people who are 40 looking like they're 60.

There must be a reason.

HGH production is a good part of that reason. Those who have a **natural** increase in HGH production, or, at the very least, no significant decrease in HGH production, seem to age later in life.

Therefore, you can have the same physical stamina at age 40 that you had at age 20. For proof of this, look at some major league ball players who played into their 40s.

Look at Jamie Moyer right now.

He'll be 48 years old this November (as of this printing) and he's still winning ballgames pitching against players half his age.

Okay, so let's separate one piece of fiction from fact right now.

As I said, the pituitary gland is what is responsible for producing HGH. Up until recently, it was believed that this gland, as we aged, slowed down in its production of HGH and that there was nothing we could do about it.

That is the fiction.

The fact is this.

The pituitary gland is capable of producing as much HGH as it can produce...**as long as it is sufficiently stimulated.**

Yes, it is really THAT simple.

So, the \$64,000 question then becomes....

"How can we SAFELY stimulate the pituitary gland so that we can produce more HGH?"

That's up next?

## ***Stimulating The Pituitary Gland***

Okay, let's answer that question.

"How can we safely stimulate the pituitary gland in order to produce HGH later in life?"

First of all, why does the pituitary gland slow down its production?

Quite simply, it **forgets** that it is supposed to produce HGH as we get older. It certainly has the ability to continue to do so. It just doesn't know that it's supposed to.

So we have to remind it.

Question: "Can we do this safely?"

Answer: "Yes...we can"

Okay, so how?

Well, before we get to the safe way, let's cover the unsafe way...which is why HGH itself has such a stigma attached to it.

It's no secret that several sports figures have injected HGH directly into their bodies. Forgetting about the fact that they are breaking the rules of their sport, this is just flat out dangerous.

But why?

Because the artificial injection of HGH into the body (not produced naturally by the body) leads to a number of problems including:

Acromegaly,  
Fluid retention,  
Carpal tunnel syndrome,  
Painful joints,  
Gynecomastia (enlarged breasts in males),  
Liver damage  
Cancer

Acromegaly is a very dangerous disease that can lead to heart attack and death.

In addition to the above, injection of HGH can cause the pituitary gland to become lazy.

When that happens, HGH production can slow down to a point where the levels become dangerously low. So in order for the person to survive, they need to continue the HGH injections.

You can see where this endless cycle leads.

This is why you DON'T want to go injecting yourself with HGH.

What you DO want to do is go the opposite direction...get your pituitary gland to increase its natural production of HGH.

So we get back to our question again.

How do we do this SAFELY?



## ***Natural Pituitary Stimulants***

One thing you DON'T want to do is stimulate the pituitary gland with anything chemical. The side effects may not be the same as straight HGH injections, but they are still there.

You want to use natural ingredients found in nature...just like when you were growing up.

Okay, so what are these?

### **GTF Chromium**

Required to transport glucose from the blood into the cells, chromium helps maintain glucose levels by enhancing insulin activity. And lower blood glucose levels can increase the release of HGH!

Chromium also assists with weight control, helping you to maintain a healthy metabolism, increasing your energy, and reducing body fat!

### **L-Arginine**

Clinical studies have shown the arginine can as much as triple your HGH levels, even into old age. And it can also help improve your exercise performance for high-intensity, short duration work outs.

It increases fat burning, builds muscle tissue, boosts immunity, fights cancer, promotes healing, enhances male fertility, and more!

Your body doesn't naturally produce arginine; you must get it from your diet.

## L-Arginine: A Non-Essential Amino Acid with Essential Health Benefits

Many people have included physical exercise as part of their daily routine. Medical studies show that a fit body can handle the stress of everyday life and may help maintain both physical and mental health. To achieve a fit body, individuals should include regular exercise and nutritious diets. Nutrition involves the consumption of proper vitamins and minerals that the body needs. Some people may not be able to incorporate these nutrients in the food they eat and turn to food supplements to take care of nutrient deficiencies. One of the most used supplements today is L-Arginine, an amino acid that is said to provide numerous benefits for the body. Medical researchers are learning more about the safe dosages of this amino acid and what it can do for people who want to improve their health and fitness.

L-Arginine is used to promote the production of nitric oxide, a compound in the body that relaxes the blood vessels. Atherosclerosis (disease affecting arterial blood vessels), erectile dysfunction, and leg cramps. This amino acid is also involved in the formation of proteins. In larger dosages, L-Arginine may stimulate the release of growth hormones and prolactin, a hormone associated with lactation.

L-Arginine may be used as a blood thinner and may stop the blood from clotting. This compound may improve blood flow to and from the heart and reduce excess cholesterol. L-Arginine may also preserve the elasticity of blood vessels because of its antioxidant properties. Patients with early stages of heart disease that are administered with L-Arginine prevents the disease from worsening and helps relieve back pain.

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